

I. Schedule:

Lakes Region Nordic Schedule 2026-2027.

Date	Host	Technique	Format	Girls Start	Boys Start
12/9 Wed	Holderness??		fun	TBD	TBD
1/6 Wed	No race				
1/13 Wed	Proctor	Freestyle	5k	2:45	3:30
1/20 Wed	Holderness	Classic	5k	2:45	3:30
1/27 Wed	SPS (backup venue if needed)	Freestyle	Individual Sprints	2:50 pm	3:10 pm
2/3 Wed	Dublin	Classic	5k (Wave?)	2:45	3:30
2/10 Wed	Putney	Cl Relay	Team Sprint Relay	2:45	3:30
2/20 Sat	Holderness	FS individual	5 KMMass	12:00	11:30
	NEPSACs	Cl relay	2 KM	2:45	1:30
2/24 Wed	LR Champs Dublin	CL/FS	Skiathlon	2:45	3:45

Agenda items for 2026 meeting

Coaches Meeting 5/14/2026

- Keith - Andover is happy to keep doing scoring for the season **YES**
- Keith - The LR champs and NEPSACs rotations both need updating **Done**
- Keith - What do we want to do for a team tie in a regular season race? We say to use the 5th skier, but if both teams only have 4 skiers, that can't work. This

Lakes Region Nordic Skiing Rules and Expectations:

A. Ski equipment:

- Ski length: Height of the skier – 10 cm minimum, 230 cm maximum
- Both skis should be the same length
- Poles should neither be taller than skier nor shorter than hips of the skier
- Poles should be the same constant (not adjustable) length
- In classic races, poles may not exceed 83% of the skier's height.
- No fluorinated waxes are allowed in LR races

B. Technique definitions

- Classical Technique
Classical technique includes the diagonal techniques, the double poling techniques, herringbone techniques without a gliding phase, downhill techniques and turning techniques. Single or double-skating is not allowed. Turning techniques comprise steps and pushes in order to change directions. Where there is a set track, turning techniques with pushing are NOT allowed. This will also apply to competitors skiing outside of the set track.
- Free Technique
Free technique includes all Cross-Country skiing techniques.

C. Race preparation:

1. Race organizers must, at least one week prior to the race, inform all teams' coaches:
 - a. Time and exact place of the race with recommended driving tips, parking place, etc.
 - b. Facilities which might be utilized by the racers
 - c. Contingency plan in case of poor snow conditions
2. Change of Venue.
 - a. If a host is forced to change venue due to snow conditions, the decision must be made and communicated by 11 AM on Tuesday, the day before the race. Some schools require this much lead time to make travel plans. Communication should be made by email to the coaches.
 - b. Upon arrival of the teams the host is expected to make maximum effort in providing every coach with: at least one running order, map and profile of the course, start finish zone explanation.
3. Host will provide bibs for all racers.
4. Technical Delegate and Jury to decide issues arising out of rules violations or race protocol. A race jury will be comprised of one coach from the host school

and one coach from each of the previous two host schools for all Lakes Region races and NEPSAC. The TD will automatically be the coach from the previous week's host school, unless this person is not available. It will be the host's duty to assure that a TD is assigned.

5. At the beginning of the season, all coaches should post their full rosters, listing skiers fastest to slowest (one list for boys, another for girls) to the school responsible for season scoring. This school will combine the lists into one spreadsheet (per gender) and distribute to all host schools. Start orders and results sheets can be built off this list. Each week, coaches should notify host schools of "scratches" in order to adjust this start list.

D. Race Cancellations:

Instead of canceling meets, host schools are asked to offer to run a meet at another school with adequate conditions. The site school would prepare the Nordic race course but the original host school would be responsible for running the races and publishing results.

If a race is moved to a new site, and this site is a school which has already hosted or is scheduled to host a meet during that season, the school volunteering to be the substitute site will set the fee that may be charged per skier to defray the costs of hosting the extra event.

E. Hostile weather conditions:

Cold: Host schools should not prematurely cancel a race for fear of cold weather. The guideline for "too cold" is below 0 degrees Fahrenheit at the time of the start. Light winds in addition to these cooler temps are acceptable, but strong winds should be taken into account and wind chill considered. Hosts will need to use some guesswork, looking at both the forecast and the actual conditions the morning of the race, as temps often rise considerably in the afternoon. A decision should be made as close to 10:00 AM as possible. Host schools, if canceling, should notify their AD's at 10 AM, and send an email alert to all coaches.

Rain, wind, etc.: Hosts may feel it necessary to cancel for other extreme conditions. Early notification is important.

F. Race fees:

Generally there is no skier charge for races hosted at Lakes Region schools. Schools are expected to handle registration, timing & grooming. When a race needs to be held at a new site, the backup site will set the fee that may be charged per skier.

A fee of \$40 per gender team may be charged for the Lakes Regions Championships.

G. Course preparation:

1. Course should be measured and be as close as possible to the published distance. For the regular races it should be 5K, sprint races 1-1.4K, for the Championship race 5-7K in total
2. All major preparation of the course must be done prior to the winter season and include drainage of the wet areas, leveling, clearing if necessary to the desirable width (at least 12 feet for skating and 8 feet for classical style races)
3. Course should allow to have a race with less than a foot of natural snow
4. Course should be clearly marked with flags and all trail junctions should be roped off, additionally marked or staffed to avoid wrong turns.
5. Course should have Kilometer marks
6. Dangerous down hills or turns should be clearly marked with signs and obstacles skiers might get into (trees, rocks, etc) should be protected with cushion materials, so skiers won't get hurt.
7. For interval start competitions in classical technique a single track should be set along the ideal skiing line of the competition course. The track is normally set in the middle of the course except through curves. In curves the track should be set only where the skis can glide unrestrained in the set track. Where the curves are too sharp and the speed is considered to be too high to stay in the track, the track should be removed. To decide the proper course preparation and track setting, the best competitors and highest possible speed must be taken into consideration. In curves the track is to be set close to the fence to avoid the possibility to ski between the track and the fence.
8. For wave and mass start classical races two sets of track should be set
9. Every attempt should be made to have a wax testing area close to the start area groomed the same way as a course
10. The same conditions must be ensured for all competitors during the competition. If it is snowing or blowing hard, a sufficient number of qualified forerunners and/or especially equipped patrols must be available and utilized in order to maintain constant conditions.
11. Start area:
 - a. The start area should provide a safe, equitable start to all racers
 - b. In case of group (heat) start format, track must be set for every skier for the first at least 60 meters, (which should be a double pole zone only, in case of skating style race) then gradually the course should narrow into the regular width.
12. Finish area:
 - a. Last 100 meters of the course should be specially marked and wide enough, so skiers can ski at least two abreast for skating style. For classical style races two sets of track should be set.

- b. Finish line should be clearly marked

H. Start time:

1. Every effort should be made to start the races precisely on time (Recommended time for the regular season races: 2:45 PM first, 3:30 PM second)
2. The host should give a loud notification of the official time every 5 minutes starting from 20 minutes to the start. Such an announcement should be made from the start area.
3. At 5 minutes to the start skiers will be asked to line up at the start area and skiers refrain from initiating any further warm up drills on the racing course
4. Any final instruction to the skiers from the host will occur in this period
5. It is a skier's responsibility to be at the start line on time.
6. Delay of the Start:
 - a. Delay of the start time should be avoided if possible
 - b. Any necessary postponement of the start time for other than emergency safety concerns should be announced as early as possible, but no later than half an hour before the start time. This includes change of start time due to late arrivals
 - c. In the event of a change of a start time, every effort should be made to quickly notify all coaches

I. Race Rules

1. The competitor is responsible for arriving at the start and starting at the correct time. Competitors must follow the marked course from start to finish and must pass all controllers and behave in a fair manner towards other competitors. They have to cover the whole distance on their original skis using only their own means of propulsion. Help from pacemakers or pushing is not allowed.
2. In all competitions poles may be changed. One ski may be changed if the ski or the binding is broken or damaged. The equipment failure must be proven to the Jury after the competition. Waxing, scraping or cleaning of the competitor's skis during the competition is forbidden. Exception: In classical technique competitors may scrape their skis to remove snow and ice, and add wax if necessary. Competitors may only be handed tools and materials that are available in retail stores (wax, scrapers, corks). The competitor must do this outside of the track without help from any other people.
3. A competitor who is overtaken must give way on the first demand except in sprint competitions and in marked zones (last 100 meters before the finish line) This applies in classical technique courses even when there are two tracks and in free technique courses when the skier being overtaken may have to restrict their skating action. When overtaking, competitors must not obstruct each other.
4. Once the competitors enter a zone where corridors are marked (last 100meters before the finish line) they must remain in their chosen corridor unless they are overtaking another competitor in the same corridor.

5. The competitors must comply with the instructions of competition officials.
6. In Pursuit format coaches and competitors can give no assistance in the exchange zone. Any modifications of this rule (which need to be made due to conditions) will be clearly communicated by the Host.
7. Coaches' Behavior: Coaches should not follow skiers closely during races. Inappropriate assistance may lead to a warning or disqualification.

Any violation of these rules might lead to disqualification of the skier.

J. Race jury

- A race jury will be comprised of one coach from the host school and one coach from each of the previous two host schools for all Lakes Region races and NEPSAC.

K. Timing and scoring:

1. Host will provide timing, and time in intervals of 1 second.
2. There will be no ties in Mass Start format races. Judges will break ties visually. The racer's boot determines place.
3. As soon as possible after the race unofficial times of at least top 10 finishers should be available for the coaches.
4. Every attempt should be made to have unofficial team results as soon as possible after the race
5. In case of no protests from the coaches, recognition of the top three may take place ASAP after the completion of the race in the case of a mass start race. This is not, however, an expectation.
6. Host will compile the official results and distribute them electronically to all coaches ASAP, but no later than midnight of race day.
7. The preferred form of results include:
 - a. Results sheet with finish time, start time (if different than mass start), actual race time, place, school and name of the skier
 - b. Results sheet with places (score), names, school and time for only skiers who are eligible to displace
 - c. Team score totals for each team
 - d. Boys teams will score 4 skiers with total 6 displacing
 - e. Girls teams will score 4 skiers with total 6 displacing
 - f. Team Sprint scoring will score 2 teams and 1 team displacing
 - g. To calculate the Team score, the Host will generate a finish order, which includes only the runners from each team eligible to displace. Then the runners will receive points according to their place according to this group only. The team score is a sum of the top 4 finishers.
 - h. In case of a tie, the 5th skier's place will break the tie. If there is not a 5th skier, the teams will be given a tie.
 - i. Teams that are one person short, will be allowed an (N+1) for their

last skier. Skiers on teams with only 1 or 2 racers in a race will not count when calculating team scoring.

- j. Skiers on smaller teams are still eligible for individual honors
- 8. If coaches find errors in the results, these should be communicated immediately to the host for corrections to be made
- 9. Skiers may race as the gender with which they identify.

L. Lakes Region Championships:

The LR Championships will follow the rotation below. Each year the season's rankings for teams and for individuals will be done by a school also shown below.

It is imperative that these rankings be complete and accurate prior to the Championship event, to allow the host of the Championships to quickly determine final season rankings for teams and individuals. The Host of the Championships will present awards for the season at a ceremony immediately after the race.

Lakes Regions Championships Hosts

Year	Host	Season Scoring
'10-'11	VA	SPS
'11-'12	KUA	SPS
'12-'13	Putney	SPS
'13-'14	SPS	SPS
'14-'15	Holderness	Holderness
'15-'16	VA	Holderness
'16-'17	Dublin	Holderness
'18-'19	Proctor	SPS

'19-'20	Dublin	SPS
'20-'21	Covid - no LR	
'21-'22	Holderness	Andover
'22-'23	VA	Andover
'23-'24	Dublin	Andover
'24-'25	Proctor	Andover
'25-'26	Holderness	Andover
'26-'27	Dublin	Andover
'27-'28	Holderness (Proctor has NEPSACs)	
'28-'29	Proctor	

M. LR Season team scoring:

1. Each Lakes Region Race will count towards the Championship Team Title, but the Championship race will count twice.
2. Each Team will discount its highest score (worst) from one of the regular season races. No team may discount points from the Championship race.
3. In case of a tie, the team with the best Championship Race team result will be declared Champions, if this does not break the tie, total time of the top 4 skiers will be used.
4. In the event of last minute weather conditions forcing some teams to stay home and not travel to a race which was not canceled, the race will still be considered a scoring race for the season if 4 teams are present and racing.
5. In the event a team does not make it to 2 scoring races, for the 2nd race they miss they will be awarded points equal to the number of teams racing that day +1 (N+1 for the day)

The Host will provide a Lakes Region Championship plaque or trophy for the

winning boy's XC Team and winning girl's XC team and individual medals for the top five places in each event. These awards are for season results, not for results of the Championship race.

Individual Medals: Final season rankings will be based on a skier's lowest total place scores, by adding up scores from the regular season races and adding in twice the score from the Lakes Region Championship meet. Racers may then drop the highest two scores. Any missed race will be scored as N+1 for the individual.

As stated above, a fee of \$40 per gender team may be charged for the Lakes Region Championships.

6. Race format notes when skiathlon
 - a. Skiathlon
 - i. Classic 83% rule for poles for all classic races.
 - ii. Classic leg of skiathlon must be done on classic equipment adhering to the 83% rule.
 - iii. If continuing with classic equipment in the freestyle leg, the equipment must be removed and put back on before continuing.
 - b. Notes to the Race Director:
 - i. Make sure all teams ski the same length through the exchange zone
 - ii. Classic leg will be run first, freestyle second.
 - iii. More time between races
 - iv. Coaches meeting prior to the race is very important.

N. NEPSACs:

1. The NEPSAC Championships will be hosted by the following schools. If any other schools would like to jump into the rotation and host, this request will be considered at the annual coaches meeting.

Year	Host
'10-'11	Holderness

'11-'12	VA
'12-'13	Proctor
'13-'14	Dublin
'14-'15	Gould
'15-'16	Holderness
'16-'17	VA
'17-'18	Proctor
'18-'19	Dublin
'19-'20	SPS
'20-'21	COVID - no NEPSACs
'21-'22	Gould
'22-'23	Holderness
'23-'24	Proctor
'24-'25	Dublin
'25-'26	Gould
'26-'27	Holderness
'27-28	Proctor

'28-'29	Dublin
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2. The host team will assign a Race Jury consisting of: a coach from the hosting school, a coach from each of the last two schools to host. The Race Jury will meet on race day to arbitrate any protests raised. The Technical Delegate will be the host of the previous NEPSAC race, or a suitable replacement designated by that coach.

3. The host team will designate referees on course to judge technique and rule violations. The referees should be unaffiliated with participating schools, if possible, trained to identify rule infractions, and agree to a procedure for handling violations prior to the start of the race.

4. Expenses: The host school may charge up to \$100/gender team. Allowances may be made for smaller (incomplete) teams at the discretion of the host.

5. Awards: Awards are provided by NEPSAC officials, and include a trophy for each of the top 2 teams, both girls and boys, and an award for the top ten finishers in the individual event. The Host will provide an awards ceremony, and is encouraged to include "door prizes" and snacks to help involve all teams.

In addition there is a rotating plaque awarded to the winning team. Results should be sent by email within 24 hours of the event.

6. Teams may enter any number of skiers in the individual event.

- The first six skiers must race in the A-race with 4 scoring and 2 displacing.
- Relay teams will consist of 4 skiers.
- A school's first (i.e. fastest) relay team must consist of skiers who also skied in the individual event.

7. Team scores will be tabulated as the sum of the two events, with the score from the individual event being added to an assigned score from the relay.

- Points from the relay are: 10 points for 1st, 20 for 2nd, 30 for 3rd, and so on.

O. In addition to violating any rules explained above, the following rules will apply to the Lakes Region competitions:

- Not Permitted to Start.
 - A competitor will not be permitted to start in any Lakes Region X-C Ski races, who:
 - i. wears obscene names and/or symbols on clothing and equipment
 - or behaves in an unsportsmanlike manner in the start area

- ii. violates the rules in regard to equipment
- iii. If a competitor has actually started in a competition and is later determined by the Jury to have been in violation of these rules the Jury must sanction the competitor.

- Penalties

- A penalty will be assessed by the Jury where the competitor:
 - i. alters the start number in any way
 - ii. does not wear or carry the official start number assigned to him/her
 - iii. violates the rules of start procedure
 - iv. violates the rules of restricted ski testing and warming up
 - v. violates the rules of responsibility of competitor during the competition or demonstrates unsportsmanlike behavior
 - vi. violates the rules relating to exchange boxes in a relay race
 - vii. runs more than one leg of the course in a relay competition
 - viii. removes skis before crossing the finish line

- Disqualifications

- The jury must meet and decide if a competitor is to be disqualified. All relevant evidence must be carefully considered and the competitor or their coach must have the opportunity to defend themselves. A competitor will be considered to be disqualified if he or she:
 - i. participates in the competition under false pretenses
 - ii. either jeopardizes the security of persons or property or actually causes injury or damage
 - iii. does not ski the entire marked course
 - iv. violates the use of correct technique
 - v. intentionally causes obstruction
 - vi. runs more than one leg of the course in a relay competition (art. 376.1)
- After disqualification, a competitor's name will be shown on a revised result list indicating his/her status as DSQ and no times must be printed for this competitor.

- Protests

- **Types of Protests**

- i. Against admittance of competitors or their competition equipment,
- ii. Against the course or its condition,
- iii. Against another competitor or against an official during the competition,
- iv. Against timekeeping results,

- **Submission**

- i. Protests should be brought up to the jury as soon as possible after the race is completed but before leaving the venue

- **Deadlines for Submission**

- i. Against the admittance of a competitor- before the race

- ii. Against the course or its condition- 30 minutes before the race start time
 - iii. Against another competitor or competitor's equipment or against an official because of irregular behavior during the competition- **as soon as possible after the race is completed but before leaving the venue.**
 - iv. Against the timekeeping- within 24 hours after the posting of the unofficial result list.
 - v. Against decisions of the Jury - within 15 minutes the Jury Decision
- ***Form of Protests***
- i. Protests are submitted by a coach notifying a jury member.
 - ii. Protests must be substantiated in detail. Proof must be submitted and any evidence must be included.
 - iii. The Jury meets to deal with the protests.
 - iv. At the vote on the protest, only the Jury members are to be present
 - v. The principle of a free evaluation of the evidence is maintained.
 - vi. The rules on which the decision is to be based shall be applied and interpreted in such a way that fair proceedings taking into account the maintenance of discipline are guaranteed.
 - vii. The decision is to be made public immediately after the proceedings